

Tama County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- 1. 80.1% of the population reported eating few fruits/vegetables.
- 2. Colon cancer death rate is 42.8 which is greater than twice the national rate of 17.5.
- 3. Coronary Heart Disease death rate is 302.9 which is almost twice the national rate of 154.0.
- 4. Poor nutrition was cited in the top 5 unhealthy behaviors in Tama County from a survey of the local population.
- 5. Tama County ranks 80th out of 99 counties in healthy behaviors: smoking, alcohol use, diet and exercise.

Prevent Injuries

Problems/Needs:

- 1. The motor vehicle crash death rate is 29 which is almost twice the state rate of 15.
- 2. The suicide death rate is 24.7 which is over twice the US rate of 10.9.

Protect Against Environmental Hazards

Problems/Needs:

- 1. The percentage of children under age 6 in Tama County who are lead poisoned is 7.4. This is significantly higher than the State percentage of 4.0 and the national percentage of 1.6.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

None identified

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- Lack of trained professionals to respond to a public health emergency and assist in recovery efforts.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Tama County ranks 83rd/99 counties in favorable socioeconomic factors.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease the % of children in Tama County under age 6 who are lead poisoned.	1. Maintain childhood lead poisoning program through yearly Empowerment grant.	LPHA Director	annual FYs, 7/1-6/30
	2. Continue to partner with WIC and Maternal Child Health Programs to test children at WIC Clinics.	LPHA Director	through 2015
	3. Promote education to providers yearly regarding local lead poisoned children rates and the need to test all children at well-child appointments according to Iowa Code, regardless of risk factors.	LPHA Director	through 2015
	4. Promote lead poisoning awareness week every April to educate parents regarding: effects of lead poisoning, reasons for testing and testing schedule.	LPHA Director	through 2015

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease the mortality rates of diseases (coronary heart disease, colon cancer) related to diet, activity and unhealthy behaviors.	1. Form a coalition to engage community partners in developing strategies and practices that will promote healthy behaviors in the Tama County population. Plan specific strategies addressing the county's socioeconomic characteristics.	LPHA Director	8/30/2011
	2. Promote WIC: WIC provides low income families with pregnant women and children birth-age 5 with education and healthy foods, thus promoting healthy eating habits.	LPHA Director	Ongoing through 2015
	3. Collaborate with schools to include more health and nutritional information in school newsletters for parents to read.	LPHA Director	9/30/2011
	4. Develop a display and/or short informative talk concerning nutrition for children that could be used at already established school or community events.	LPHA Director	9/30/2011
	5. Seek grant funding related to promoting healthy behaviors in children and adults.	LPHA Director	8/30/2011
	6. Collaborate with local businesses to promote implementation of employee wellness programs.	LPHA Director	8/30/2011